

WEEK:

RUNNER'S LUNGE

ARDHA HANUMANASANA



your daily practice:

Hold pose for 3 breaths, step back into down dog, then switch to other side. Repeat this 2 more times through.

HOW TO:

- 1 Start in down dog and bring your right foot forward to step it between your hands. Right knee should be stacked over your ankle, lunging into the front knee.
- 2 Your back leg is strong, as you stay up on your toes pushing out through your back heel.
- 3 Lift the chest so it hovers over the front knee and reach the arms along your side. Your front toes should be visible and your knee in line with your big toe to ensure the front knee is not collapsing inwards.



BENEFITS:

- Stretches the psoas muscles
- Strengthen the legs and core muscles

HARD TO BALANCE?

Try widening your stance slightly so that you have a stronger base.

GIVE THIS A TRY:

Want to build more strength in your legs?

On an inhale, lift your body and arms overhead into Crescent Lunge (legs stay as they are), exhale back into Runner's Lunge. Repeat for 5 breaths.